

Breakfast at Number 43

The Beginning

Innocent Orange or Apple Juice served warm or cold. (pure juice with no additives or flavourings).

Breakfast Bar

To start your day help yourself to a tempting array of fresh, dried and seasonal fruits, and a selection of cereals including our own home made Number 43 granola (**Oats** and **Nuts** roasted in generous helpings of Maple Syrup with copious amounts of dried fruits).

Ann Forshaw's fabulous **vanilla yogurt** is a taste waiting to be discovered, so generously top up your bowl!

Porridge

We ask that you order your porridge in advance (please just say if you want large or small). Then help yourself to fruits from the breakfast bar if you wish. We also offer **Gluten Free Porridge**.

The Middle

Peter Gott of Sillfield Farm supplies us with our Pork Products (and delicious Black Pudding). Peter is nationally renowned for his Free Range hand made products. High in meat contents, low in preservatives, Cumbrian Sausages are traditionally spicy, made with **Potato Starch so are Gluten Free**.

Full Cumbrian Breakfast

Peter's dry cured back bacon, traditional Cumberland Sausage, served with handmade Black Pudding (not gluten free), buttery mushrooms, free range fried egg, grilled tomato & fried artisan bread.

Full Cumbrian but smaller

Our Full Cumbrian is quite a mouthful, if you would prefer a smaller portion, eggs cooked in a different way or don't want one of the items please just say.

Free Range Boiled Eggs

Served with toast soldiers made from our delicious artisan bread.

Vegetarian 'Cumbrian'

Linda McCartney's Sausages, sauté potatoes, Baked Beans (Heinz of course) grilled tomatoes, buttery mushrooms and a range fried egg.

American Style Pancakes

Served with Peters back bacon & maple syrup, yogurt & berries or Nutella if you prefer!!

Free range scrambled eggs

Served with buttery mushrooms on granary toast

We offer a selection of toasted artisan breads from **More?** Served with local preserves with no preservatives from **Hawkshead Relish**

Freshly Ground Coffee from Coffee care of Skipton, we also offer their fantastic decaffeinated coffee which is filtered through charcoal instead of decaffeinated with chemicals.

Teas: Our teas are supplied by Carveti of Keswick, fabulous loose leaf English breakfast, Earl Grey with Cornflower, Pomegranate White leaf, Peppermint or Blood orange Infusion.



We offer Gluten Free Bread, Free From cereals, gluten free porridge & Peters Cumbrian Sausages are GF as our jams and relishes. Soya Milk, Please ask in advance as we keep it in the freezer.

If there are any combinations of food on the Breakfast menu you would like, or you would prefer it cooked in a different way please just ask.

The Ending

Please feel free to relax with extra coffee or tea in our lounge or on our terrace.